



12 WEEKS MUSCLE BUILDING WORKOUT PLAN FOR LEAN GUYS

Are you that skinny guy who is struggling to get those muscles even after working out for months? Or genetically you have a lean physique and you are seriously looking for body transformation?

Nothing is impossible if you have that **UNSTOPPABLE** attitude to chase your dreams!!!!

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www.naturalbodytransform.com



Listen, we are planning for a body transformation and hence you have to be consistent in diet and in workout. Instead of the normal one body part workout a day routine, here we are going to hit it twice a week but in a different way. Focusing on heavy compound lifts and supplementing with isolation exercises will be the key strategy adopted to transform you from a skinny guy to aesthetic muscle body. The Upper and Lower workout split with 4 days workout and 3 days rest is the main highlight of this 12 week transformation programme. If you want to gain muscle quickly as soon as possible then you have to concentrate majority of your time lifting heavy weights. Through this workout pattern, we train small muscle groups with less volume compared to bigger muscle groups because of indirect workout from compound exercises. Do 5 minutes warm up and stretching before you start your workout. Additionally, you can reserve the last workout day once in a week for a low intensity cardio for 20- 30 minutes.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|------------|-----------|------------|------------|----------|----------|
| Upper Body | Lower Body | REST | Upper Body | Lower Body | REST | RECOVERY |

| Upper Body Split | Lower Body Split |
|---|--|
| Chest + Upper Back + Shoulder + Triceps +Biceps+ Forearm | Lower Back + Abs+ Glutes + Hamstrings+ Quadriceps+ Calves |

| REST B/W SETS | SET 1 | SET 2 | SET 3 | SET 4 |
|-----------------|------------|------------|------------|---------|
| No: of SETS - 4 | 2 Mints | 2 Mints | 2 Mints | 2 Mints |
| No: of SETS - 3 | 60 seconds | 60 seconds | 60 seconds | |

MONDAY: UPPER BODY

CHEST+BACK+SHOULDER+ARMS

| EXERCISES | SET1 | SET2 | SET3 | SET4 |
|---------------------------|------|------|------|------|
| BENCH PRESS | 6 | 6 | 6 | 6 |
| BARBELL ROWS | 6 | 6 | 6 | 6 |
| DUMBBELL SHOULDER PRESS | 6 | 6 | 6 | 6 |
| LAT PULL DOWN | 6 | 6 | 6 | 6 |
| TRICEPS PUSH DOWN (CABLE) | 8 | 8 | 8 | |
| DUMBBELL CURLS | 8 | 8 | 8 | |
| WRIST CURLS (OPTIONAL) | 8 | 8 | 8 | |

TUESDAY: LOWER BODY

HAMSTRINGS+QUADRICEPS +
GLUTES +LOWER BACK+
CALVES +ABS

| EXERCISES | SET1 | SET2 | SET3 | SET4 |
|------------------------|------|------|------|------|
| BACK SQUAT | 6 | 6 | 6 | 6 |
| LEG PRESS | 8 | 8 | 8 | |
| STRAIGHT LEG DEADLIFTS | 8 | 8 | 8 | |
| STANDING CALF RAISES | 8 | 8 | 8 | |
| CABLE CRUNCHES | 8 | 8 | 8 | |



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WEDNESDAY

REST

THURSDAY: UPPER BODY

CHEST+BACK+SHOULDER+ARMS

| EXERCISES | SET1 | SET2 | SET3 | SET4 |
|-----------------------------------|------|------|------|------|
| INCLINE OR CLOSE GRIP BENCH PRESS | 6 | 6 | 6 | 6 |
| 1 - ARM DUMBBELL ROW | 6 | 6 | 6 | 6 |
| BARBELL SHOULDER PRESS | 6 | 6 | 6 | 6 |
| WEIGHTED PULL UPS | 6 | 6 | 6 | 6 |
| DUMBBELL OVERHEAD EXTENSION | 8 | 8 | 8 | |
| BARBELL CURLS | 8 | 8 | 8 | |
| WRIST CURLS (OPTIONAL) | 8 | 8 | 8 | |



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FRIDAY: LOWER BODY

HAMSTRINGS+QUADRICEPS +
GLUTES +LOWER BACK+
CALVES +ABS

| EXERCISES | SET1 | SET2 | SET3 | SET4 |
|------------------------|------|------|------|------|
| FRONT SQUAT | 6 | 6 | 6 | 6 |
| DUMBBELL LUNGES | 8 | 8 | 8 | |
| STRAIGHT LEG DEADLIFTS | 8 | 8 | 8 | |
| STANDING CALF RAISES | 8 | 8 | 8 | |
| CABLE CRUNCHES | 8 | 8 | 8 | |
| HANGING LEG RAISES | 8 | 8 | 8 | |

SATURDAY

REST

SUNDAY

RECOVERY

Good Luck!!!

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